**[This](https://github.com/udacity/reactnd-UdaciFitness-complete/tree/fea2dbb62ef103ed0a44307dd7922bdfcab83ef2" \t "_blank)** is where we left off in the last lesson.

React Native gives us the following components to respond to button presses:

* TouchableHighlight (button transforms from its primary color to another color when pressed)
* TouchableOpacity (when pressed, the opacity of the button changes and the background color shines through)
* TouchableWithoutFeedback (doesn't work with Text as its child (need to have Text inside a View). The button doesn't change when pressed.)
* TouchableNativeFeedback (doesn't work with Text as its child (need to have Text inside a View). Produces a ripple effect.)